



**METHODS OF TREATING BONE OR CARTILAGE**  
**CONDITIONS BY THE ADMINISTRATION OF CREATINE**

**ABSTRACT**

5           The method, composition, and use of the composition for healing defects in  
bone or cartilage tissue in animals and humans caused by trauma or surgery is disclosed.  
The method includes administration of creatine compounds including analogues or  
pharmaceutically acceptable salts thereof. Treatment in accordance with the method speeds-  
up time for and improves the process of healing of defects in bone or cartilage tissue in  
10 animals and humans caused by trauma or surgery including acceptance and bonding of  
artificial implants. The treatment with creatine compounds can be therapeutic for diseased  
patients, preventive for healthy people, as well as geriatric for elderly people.